

Harvest of the Month

Beet



FUN FACTS:

Root vegetables are edible plants that grow underground. Beets are the sweetest of the root vegetables.

Both the red fleshy root and the dark green leaves are edible. The beet leaves taste similar to spinach and are very nutritious!

The betalain pigments in beets give beets their red color, and help capture toxins in the body and flush them out.

Borscht is a popular beet soup in Russia.

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♥ Heart Healthy Month ♥

Having a healthy heart is one key factor to living a long happy life. Heart disease is one of the most widespread and complicated health challenges in the United States and around the world.

Cardiovascular disease — disorders of the heart and blood vessels — statistics according to the CDC:

- ♥ One person dies every 36 seconds in the United States from cardiovascular disease.
- ♥ About 659,000 people in the United States die from heart disease each year—that's 1 in every 4 deaths.

Many risk factors for heart disease can be modified, including lack of physical activity, poor diet, and tobacco use.

Ways to improve heart health:

- ♥ **Stop Smoking:** No ifs, ands or butts
- ♥ **Focus on the middle:** Focus on your middle. Excess belly fat is linked to higher blood pressure.
- ♥ **Knit a scarf:** Put your hands to work to help your mind unwind. Woodworking, cooking, or doing a jigsaw puzzle might help take the edge off from a stressful day.
- ♥ **Go Fish:** Eating a diet rich in omega-3 fatty acids can help fend off heart disease.
- ♥ **Move it, move it:** No matter how much you weigh, sitting for prolonged periods of time could shorten your lifespan. If you work at a desk, remember to take regular breaks to move around.

If you are looking to reduce your risk of heart disease, start small. These slight changes could help you lead a long heart healthy life.

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HARVEST OF THE MONTH RECIPE—FEBRUARY

~ featuring beets ~

Sour Cream Beet Salad

Yield: 4 servings

- 1 16 oz jar of pickled beets, drained
- 1 cup sour cream
- 2 Tbs white onion, grated
- 1/2 tsp kosher salt

1. In a medium-sized bowl, combine sour cream, white onion, and salt.
2. Stir the drained beets into the sour cream dressing.
3. Serve immediately or store in the refrigerator in an air-tight container until serving. *Enjoy!*

NUTRITION SNAPSHOT ~ 1 Serving

175 calories, 8g total fat, 1.5g saturated fat, 405mg sodium, 40mg cholesterol, 23g carbohydrate, 1g fiber, 3g protein



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